

## Ayurvedic Pizhichil Treatment (Paralysis Therapy)



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Pizhichil combines Snehana (oil massage) and Swedhana (inducing sweat). Sanskrit for 'to squeeze', warm medicated oil is poured over the patient, followed by a massage. This therapy enhances blood circulation, and detoxifies through sweat, using over three liters of oil. It boosts immunity, promoting overall health and vitality. Pizhichil is renowned for its calming and rejuvenating effects, offering a holistic approach to wellness. Pizhichil therapy holds a revered status at the [Ayurvedic treatment centre in Prayagraj](#). Combining Snehana and Swedhana, it detoxifies and revitalizes, enhancing wellness.

### Procedure of Pizhichil

- Preoperative procedure
- Operative Procedure
- Post-Operative Procedure
- Duration
- Time Of Procedure

## Benefits of Pizhichil Treatment

An [Ayurvedic doctor in Prayagraj](#) may recommend Pizhichil to address Vata rogas, benefiting the nervous, circulatory, and muscular systems.

### Muscle Relaxation:

[Doctor for cervical in Prayagraj](#) may suggest warm oil massages with rhythmic techniques to alleviate muscle tension, stiffness, and improve flexibility, fostering overall physical comfort.

### Pain Relief:

In Prayagraj, a [Doctor for arthritis](#) may recommend Pizhichil therapy to alleviate pain associated with the condition. Its blend of warm oil application and massage techniques provides effective relief, promoting overall comfort and wellness.

### Stress Reduction:

The tranquil effects of the therapy induce profound relaxation, soothing the mind and fostering a sense of inner peace. This promotes mental tranquility, allowing for a state of calmness and serenity to prevail.

### Improved Circulation:

Through massage strokes, blood circulation is improved, facilitating the efficient delivery of nutrients and oxygen to the body's tissues. This supports overall health by ensuring essential resources reach cells for optimal functioning and vitality.

### Detoxification:

Pizhichil plays a crucial role in detoxification, expelling toxins from the body and purifying the system. This cleansing process promotes enhanced vitality, leaving the individual feeling rejuvenated and revitalized from within.

### **Nourishment and Rejuvenation:**

The carefully selected medicated oils employed in Pizhichil therapy provide deep nourishment to the skin, stimulating cell regeneration and revitalizing the body internally. This results in a radiant complexion and overall rejuvenation.

### **Dos and Don'ts During and After Pizhichil Treatments:**

#### **Do's:**

- Drink lukewarm water
- Maintain celibacy
- Ensure sound sleep
- Consume warm, non-spicy liquid foods moderately for digestive balance and overall health.

#### **Don'ts:**

- Heavy exercises, loud speech, anger, grief
- Direct contact with the Air conditioner or fan
- Daytime sleep
- Suppression of the natural urges
- Chilled food and drinks
- Viruddha ahara (incompatible foods)
- Avoid exposure to intense sunlight, snow, and winds.
- Avoid long-distance travel, excessive talking, and prolonged sitting to maintain the benefits of Pizhichil therapy effectively.

- Avoid pillows that are either excessively thick or too thin.
- Exposure to smoke and dust.

## **Conclusion**

Ayurvedic therapies ensure an answer for all your pains, ailments and diseases.

However, it is essential to consult an authentic Ayurveda doctor in an from [Ayurvedic hospital in Prayagraj](#) before undertaking any of these treatments, especially Pizhichil.